



CHEM-117-D01

Introduction to Nutrition

Winter 2021

COURSE OUTLINE

The course description is online @

<http://camosun.ca/learn/calendar/current/web/chem.html>

* Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

(a) Instructor	Jamie Doran, Ph.D.
(b) Office hours	Tuesday, 1:30 PM to 2:20 PM Wednesday, 1:30 PM to 2:20 PM Thursday, 1:30 PM to 2:20 PM Friday, 1:30 PM to 3:20 PM <i>Please make an appointment by email. We'll meet on Zoom. Other times also available. Everyone is welcome to contact me by email, including in the evenings and on weekends.</i>
(c) Location	Room 350C, Fisher Building, Lansdowne Campus
(d) Phone	(250) 370-3441 (voice mail) Alternative: Email preferred while on-line.
(e) E-mail	jdoran@camosun.ca

2. Intended Learning Outcomes

Upon completion of this course the student will be able to:

1. Explain the fundamental roles and importance of dietary proteins, lipids, carbohydrates, vitamins and minerals.
2. Make basic decisions about relevant aspects of their personal diets.
3. Evaluate information concerning the fundamental aspects of diet, including certain dietary supplements, and relate this information to human health.

3. Required Materials

- (a) Text

The Science of Nutrition. Canadian Edition. J.L. Thompson, M.M. Manore, L.A. Vaughan, K. Gottschall-Pass & D. L. MacLellan. Pearson Canada. 2014.

This eTextbook is **absolutely required** for this course. This textbook is only available as an eTextbook this semester. The eTextbook may be purchased from the Lansdowne Campus bookstore. Chapter study guides

are included in the course pack (please see below). Links to relevant web-based learning resources are presented in the textbook. It is important to have access to Pearson's Mastering Nutrition website for creation of a food journal. A collection of lecture slides, largely based on this textbook, is included in the course pack (please see below).

(b) Other

Course package

The course package, *2021 Edition*, is available from the Lansdowne Campus Book Store. This course package is required material. Each chapter study guide includes an assigned reading list, a listing of the most salient figures and tables, a list of the relevant vocabulary, and sets of practice questions.

General Supplies

Calculator

A basic scientific calculator is required at times in lecture, and during term tests and the final exam. Each student is *required* to provide her or his own scientific calculator. Cell phone-based, tablet-based or computer-based calculators can be used in this on-line offering of the course. Graphing calculators cannot be used during term tests or the final exam.

4. Course Content and Schedule

Credits	3 credits
In-class workload	4 hours per week Four 50-minute lectures per week.
Out-of-class workload	4 hours per week
Number of weeks	14 weeks
Pre-requisite courses	Chemistry 11 or Chem 100, and Biology 11 or 12, or Biol 102, or Biol 103
Pre- or Co-requisite course(s)	English 12, or EFP 12; or ENGL 092 and ENGL 094; or ENGL 092 and ENGL 096; or ENGL 103 and ENGL 104; or ENGL 103 and ENGL 106; or ENGL 140; or ELD 092 and ELD 094; or ELD 097; or assessment

Course times and locations

Lectures	Monday, 4:30 PM - 5:20 PM Fisher Building, Room F360
	Tuesday, 4:30 PM - 5:20 PM Fisher Building, Room F360
	Wednesday, 4:30 PM - 5:20 PM Fisher Building, Room F360
	Thursday, 4:30 PM - 5:20 PM Fisher Building, Room F360

5. Basis of Student Assessment (Weighting)

- (a) Assignments (combined value: 20% of final grade)
1. Week-long food journal & analysis.....**10%**
 2. Critical examination of a controversial topic in nutrition.....**10%**
- Both assignments are due by Friday, April 16th.

(b) Term Tests

Term Test #1

This test covers material from approximately the first third of the course. The delineation of material that you are responsible for will be provided about one week before the date of the test. This is a 50 min test that will be written in the lecture period on **Thursday, February 11th**. The results of this test contribute **20%** to the final grade.

Term Test #2

This test covers relevant material from approximately the second third of the course. The delineation of material that students are responsible for will be provided in class about one week before the date of the exam. This is a 50 min test that will be written in the lecture period on **Thursday, March 25th**. The results of this test contribute **20%** to the final grade.

If a term test is missed due to illness or for any other justifiable reason (accompanied by appropriate documentation), the percentage value of the term test (20%) will be added to the value of the final exam.

(c) Final Exams

The final exam grade contributes to **35%** of the final grade. While comprehensive in nature, some emphasis is on material following that covered previously on term tests, and on material that integrates the information from various sections of the course. **Attendance at the final exam is mandatory.** Appropriate documentation must accompany any explanation for absence if an incomplete grade (I grade) is to be given.

The time and location of this 3 h final exam will be published by the College during the winter semester. *(please don't book air travel ahead of knowing the final exam date)*

(d) Other

Attendance and participation contributes **5%** to the final grade.

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

Please refer to the required textbook, required course package and supplementary materials described above.

8. College Supports, Services and Policies



Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts

@ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College

website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence, Student Ancillary Fees, Academic Integrity, Grade Review & Appeals, Student Misconduct and Academic Accommodations for Students with Disabilities and Student Penalties and Fines.

A. GRADING SYSTEMS <http://camosun.ca/about/policies/index.html>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	<i>The student has met the goals, criteria, or competencies established for this course, practicum or field placement.</i>
DST	<i>The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.</i>
NC	<i>The student has not met the goals, criteria or competencies established for this course, practicum or field placement.</i>

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://camosun.ca/about/policies/index.html> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.

CW	Compulsory Withdrawal: A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.
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Academic Honesty

Please become familiar with the new School of Arts & Science guide on academic honesty: <http://camosun.ca/learn/school/arts-science/images/Arts%20and%20Science%20Academic%20Honesty%20Guidelines.pdf>

Please Note:

Students may **not** use recording devices in the classroom without the prior permission of the instructor or the Centre for Accessible Learning. The instructor's permission is not required when the use of a recording device is sanctioned by the College's Centre for Accessible Learning in order to accommodate a student's disability, *and* when the instructor has been provided with an instructor notification letter which specifies the use of a recording device. Such recordings made in the classroom are for the student's personal use only, and distribution of recorded material is prohibited. Recordings made during the course would include statements, questions and comments made by students in the class, and these are not to be disseminated or repeated in any manner based on the recordings. Otherwise, please have cell phones turned off and put away while in lectures.

Please have cell phones turned off and put away while in lectures. Thank you.

Camosun College is a scent-free institution.

Please refrain from wearing scents. Thank you.